

Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901



JANUARY 2019
Volume 16, Issue 1

Greetings from the Administrator

Happy brand new year to everyone in our KPH family! I spent the holiday being purposefully mindful of



my many blessings and found myself ever so grateful for everyone's health and continued safety during such a busy season.

Both Mark Schiller and Hilary Koch, two valued and loved members of our KPH family are moving on to other adventures this month and in preparation for their departure the KPH Leadership team took one last opportunity to gather together for an afternoon of strategy discussions off site so we could establish new goals for the upcoming year and celebrate some of our accomplishments in 2018. The planning session was made even more memorable by a boat ride and harbor tour with Humpback and Orca sightings. It was a nice reminder that work/life balance is so important to be able to do the work that our staff do every day. We live in some beautiful country and it is my sincere wish that we each find more ways to be active and outdoors whenever we can and don't forget – the days are getting longer now, more light means less excuses.



As we work to finalize some of our plans and refine areas of focus for 2019 please feel free to share any thoughts you may have on ways we could improve our services or suggestions for how we may be able to do things differently. We also really appreciate your patience as we are working with our recruitment folks to help us fill positions in nearly every department.

Julie Sande

FAMILY & FRIENDS DINNER

January 17th 500pm

Call Alma Parker 228-3351 for Reservations

MENU

\$12 per person

- **Soup**
- **Roasted Chicken**
- **Rice Pilaf**
- **Mixed Vegetables**
- **Rolls**
- **Boston Cream Pie**



We recognized Hilary Koch on January 2nd (her official last day) for her service and commitment to the KPH residents. Julie Sande presented her with a strand of pearls to remind us of “Formal” Friday events. Hilary brought so many new and exciting activities to share with KPH residents & staff. She has promised to be a regular volunteer and will even come on days other than Friday!



Happy Birthday Helen

January 22





Our Maintenance & Environmental Services Foreman Mark Schiller will be starting a new adventure in Oregon this month. He has accepted a similar position in the Corvallis area. Mark has worked at the Pioneer Home since May 2014, after moving to Ketchikan from Germany. We wish Mark and his family the best of luck in his new endeavors!!



KPH STAFF BIRTHDAYS

Loida Bello	01/01
Jia-Huei Li	01/02
Milton Castor	01/04
Dante Mojica	01/05
Jocelyn Mendoza	01/06
Roni Thomas	01/23
Alan Fabros	01/31
Alma Holmberg	01/31

WELCOME NEW RESIDENTS:



James McKellar



John Major

Today's To-Do List

- #1 Practice kindness
- #2 Let go of what I can't control
- #3 Count my blessings
- #4 Listen to my Higher Self
- #5 Instill calmness around me
- #6 Share my light with others
- #7 Pass this on to encourage someone else.





We will miss you Marion Doyle, Margot Shay and Agnes Royer



Those we love don't go away,
 They walk beside us
 every day.
 Unseen, unheard,
 but always near.
 Still loved, still missed,
 and very dear.

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# January 2019

Winter



| Sun                                                      | Mon                                                                                                                                                              | Tue                                                                                                                              | Wed                                                                                                                                                                                    | Thu                                                                                                                                                            | Fri                                                                                                                                                                                  | Sat                                                                                                      |
|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <div>Knitters meet<br/>on Wednesdays<br/>at 12:30.</div> |                                                                                 | <b>New Year's Day<br/>Holiday</b><br>1:30 Gospel Sing Along                                                                      | 9:30 Newspaper<br>& Coffee<br>1:30 Bingo                                                                                                                                               | 9:30 Newspaper &<br>Coffee<br>10:30 Exercise Class<br>2:00 Third floor baking                                                                                  | 9:30 Newspaper &<br>Coffee<br>1:30 Ice Cream Social                                                                                                                                  | 10:00 Coffee Time,<br>Third Floor<br>No crosswords today                                                 |
| 2:00 Church<br>Service, 3rd Floor                        | 9:30 Newspaper &<br>Coffee<br><b>Foundation Lunch</b><br>3:00 Pastor Keith visits                                                                                | 9:30 Newspaper &<br>Coffee<br>10:30 Exercise Class<br>1:30 Gospel Sing Along                                                     | 9:30 Newspaper<br>& Coffee<br><b>10:30 Library Time with<br/>the Preschool.</b><br>11:00 Catholic Mass<br>1:30 Bingo                                                                   | 9:30 Newspaper &<br>Coffee<br>10:30 Exercise Class<br><b>12:30 Ukulele practice</b><br>2:00 Third floor baking<br><b>5:30 Spa Night with Teri<br/>and Tami</b> | 9:30 Newspaper &<br>Coffee<br>10:30 3rd Floor Activities<br>with the Pre-school.<br>1:30 Ice Cream Social                                                                            | 10:00 Coffee Time,<br>Third Floor<br>1:30 Group Crossword<br>puzzle with Lesley and<br>Jim in Gardenview |
| 2:00 Church<br>Service, 3rd Floor                        | 9:30 Newspaper &<br>Coffee<br>3:00 Pastor Keith visits                                                                                                           | 9:30 Newspaper &<br>Coffee<br>10:30 Exercise Class<br>1:30 Gospel Sing Along                                                     | <b>Low Vision Support<br/>Group Meets</b><br><b>10:30 Library Time with<br/>the Preschool.</b><br>1:30 Bingo<br><b>2:30 Monthly Birthday<br/>Party with the Pioneers of<br/>Alaska</b> | 9:30 Newspaper &<br>Coffee<br>10:30 Exercise Class<br><b>12:30 Ukulele practice</b><br><b>5:00 Family &amp;<br/>Friends Dinner</b>                             | 9:30 Newspaper &<br>Coffee<br><b>1:30 Ice Cream Social<br/>and baby shower for<br/>Gerlyn!</b>  | 10:00 Coffee Time,<br>Third Floor<br>1:30 Group Crossword<br>puzzle with Lesley and<br>Jim in Gardenview |
| 2:00 Church<br>Service, 3rd Floor                        | <b>Martin Luther King<br/>Day<br/>Holiday</b><br> 3:00 Pastor<br>Keith visits | 9:30 Newspaper &<br>Coffee<br>10:30 Exercise Class<br>1:30 Gospel Sing Along<br><div><b>Helen Erickson's<br/>Birthday!</b></div> | 9:30 Newspaper<br>& Coffee<br>11:00 Catholic Mass<br><b>2:30 Lady Bugs Pre-<br/>school visits</b>                                                                                      | 9:30 Newspaper &<br>Coffee<br>10:30 Exercise Class<br><b>12:30 Ukulele practice</b><br>2:00 Third floor baking<br><b>5:30 Spa Night with Teri<br/>and Tami</b> | 9:30 Newspaper &<br>Coffee<br>10:30 3rd Floor Activi-<br>ties with the Pre-school.<br>1:30 Ice Cream Social                                                                          | 10:00 Coffee Time,<br>Third Floor<br>1:30 Group Crossword<br>puzzle with Lesley and<br>Jim in Gardenview |
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Our Salon is open every Thursday  
with Beauticians Vicki & Dody.

**Newspaper and Coffee**  
Monday—Friday at 9:30 in the Sun Room.